FAMILY LIFE

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THEIR MOTHERS' DAUGHTERS

Every mother should try her level best to help her daughter become a real woman. That's a reasonable proposition, but many mothers don't live up to it, in the opinion of psychiatrists Edward A. Strecker and Vincent T. Lathbury.

"There are no safe substitutes, short cuts, or evasions," they assert. "No woman goes through life without some frustrations and the accumulation of at least a few mild resentments. Sometimes the frustration is very deep and the inner feeling is strongly hostile. In any event, the mother may be led into an attitude of trying to 'protect' her daughter against life. This may go to the extent of trying to inculcate into the girl's personality feelings of wariness and even of suspicion toward males, including the future husband. It is a very dangerous thing to do and will lead later to serious frustrations, impassable emotional roadblocks in life, human misery. Mothers can not live the future lives of their daughters for them. All that mothers can do, and it is much, is to prepare them to become complete women. In this way and only in this way as real women can they be equipped to deal with life's frustrations and find happiness."

Some years ago Dr. Strecker (University of Pennsylvania) appalled by the number of young men who were found unfit for military service service because they were emotionally unable to stand on their own feet and face difficulties, wrote a book called *Their Mothers' Sons,* calling attention to the damage done by over-possessive and over-protective "moms." Now, with a young associate, he has taken up the difficulties which unwise mother-love may impose on daughters,—perhaps even more frequently than on their sons.

There is no doubt about the immense extent and seriousness of the problem, and the new book is most welcome. It is not particularly well-written. It is a somewhat rambling discussion made up largely of little case histories,—just the sort of discussion a counselor might have with a mother whom he was trying to re-educate. The pictures of "mothers who never grew up" are vivid. The discussion of faulty attitudes toward sex, which mothers force on daughters, points to one of the most far-reaching and devastating effects of the unwise mother.

There are many incidental and highly pertinent comments, e.g., "When a culture accepts homosexuality and gives it semi-approval or treats it with levity,

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there is involved a threat to the survival of that culture." There is a good chapter on "Their Fathers' Daughters," warning men that they have an obligation to prevent their wives from injuring the offspring: "When he stands by without intervening and sees gross injustice done to his daughter, then he is failing in his duty." A final chapter gives a pattern of good mother-daughter relationships.

In a controversial field, there is plenty of room for differences of opinion. Millions of Americans will disagree when the authors assert that the best home atmosphere for children is likely to be one in which liquor is served in moderation. One would like some evidence to support the suggestion that "normally sexed women can unfailingly detect even carefully masked homosexuality, particularly lesbianism, in a social gathering." To say that one agrees with every detail in every book might be merely to say that the book is made up of platitudes and commonplaces. This is a good book, which ought to be helpful in correcting one of the great failures in modern education.

Interestingly, the book opens with a questionnaire, 90 propositions to test a mother's orientation. Here are a few samples:

1. Do you think husbands should do an equal share of the housework?

2. Should a mother-in-law be careful to see that her married daughters' or sons' interests are protected and that they are not imposed upon by their husbands or wives?

3. In these days young girls are busy with school duties, sport, and social activities. In view of this, is it wise to excuse your daughter from household chores?

4. Given a loving mother, but one who is in dire financial straits and barely able to afford necessities, would it be better to place the child in a fine institution where there is the acme of care, than to leave it with the poverty-stricken mother?

5. Should you insist that your young daughter dress in neat, dignified fashion and strongly oppose her wish to wear some of the outlandish clothes that the girls in her crowd wear?

The answer in each case is, of course, No. If you answered Yes to even one of those,—read this book!

(THEIR MOTHERS' DAUGHTERS, by Edward A. Strecker and Vincent T. Lathbury. Pp. 256 (no index), price $3.75 from J. B. Lippincott Co., East Washington Square, Philadelphia, Pa., 1956.)

NARCISSUS, a psychological study of self-love, by Grace Stuart. Pp. 166, price $3.50 from the Macmillan Co., 60 Fifth ave., New York 11, N.Y., 1955.

Freud looked on narcissism as a normal stage in the infant's development, but Mrs. Stuart, an English psychologist, considers it a pathological condition brought about by lack of a loving atmosphere. The child gets from this lack the feeling that he is really worthless, and overcompensates for it by what looks like self-love but is really self-hate. There is nothing unwholesome about genuine self-love, she insists; in fact, this is necessary to mental health. The book (an import from Great Britain) is heavily loaded with references to literature and art, and will stimulate any well-educated reader.

DEALING WITH PROBLEMS OF ADOLESCENTS

by HOWARD J. GOODMAN, M.S.

1. DEFINITION OF THE ADOLESCENT:

A. The adolescent is a human being like the rest of us. Too often adults unwittingly set adolescents as a breed apart. This creates defensiveness on the part of the adolescent *and* the adult.

B. He is making the transition between childhood and adulthood, and shows the characteristics of each. Thus adults often find it expedient to treat him in terms of whichever status is convenient at the moment. It is the responsibility of adults to have an objective philosophy of what the adolescent is—or is not.

C. This is the period during which individual personality becomes more distinct. The child, however, is not going to throw off old influences, although, to preserve his integrity, he may find it necessary to rebel against them. If he does not have to rebel, the chances are that he won't. Expressing his own opinions does not necessarily constitute rebellion.

2. THE RELATIONSHIP OF THE ADOLESCENT TO HIS PEER GROUP:

A. There is a strong need for acceptance by his peer group. It may even seem as if this is more important than acceptance by adults. Probably peer group acceptance is easier to get; also, it is only natural to feel that he has more in common with his peers than with adults.

B. The adolescent works harder for this acceptance from his peers because it seems more likely of attainment. Therefore, in working or living with adolescents, we have to welcome them into the club rather than to initiate them. We must remember that the world is not the same now as it was when we were their age. They are vastly disinterested in our experiences if we use these experiences as the basis for limits which we are establishing for adolescents.

C. We should avoid making adolescents band together defensively. They don't want to be shut off from the adult world, but neither do they want to take it over.

3. THE ADOLESCENT'S RELATIONSHIP TO ADULTS:

A. He is necessarily testing the limits set up by adults. Let us not assume that this is being done in the spirit of hostility or resentment. We must remember that we are likely to do a little limiting ourselves, unless we are spiritless and frightened. We had also better be sure that the limits we set up are wise, just, and necessary, rather than a projection of our own unsatisfied emotional needs.

B. The adolescent has a strong need and wish to respect adults, for therein lies emotional security. This respect must be earned; it cannot be demanded arbitrarily. To earn this respect, the adult must respect himself.

C. The adolescent needs to be accepted for what he is — not as another adult. Too often, when we admonish him that he is grown up, we are condescending (which is inflammatory), or we are tacitly admitting our inability to handle the issue at hand. The youth will be an adult soon enough—don't push him!

4. NEEDS OF THE ADOLESCENT:

A. He needs help in making the transition to adult life. Let's welcome him in, not dare him to come over. The kind of life adjustments we ourselves have made will mold his impressions of what it is like to be an adult. Too many of us have

not adjusted to adulthood.

B. We should encourage and help him to keep the part of himself which is good (useful), and to get rid of that which is not good (adjustment inhibiting). We do this by accepting him as he is, so that we are in a position to help him evaluate himself. He needs to develop his own standards, with our friendship and guidnace. If he turns out just as we would like him to be he may not be himself at all—just a poor imitation of us.

5. TECHNIQUES OF WORKING WITH THE ADOLESCENT:

A. Help him to understand and, therefore, to accept his parents and other adults. It can be very important for him to interpret the real motivations behind his parents' behavior as compared with letting him operate on the basis of what may be ego-defensive assumptions.

B. Establish rapport. Be yourself. Do not expect his cooperation as your due; earn it. Do not play down or condescend to him.

C. It is no crime to be directive. Often the adolescent will welcome direct advice or suggestions, provided that rapport has been well established. Any changes that you scare him into probably will not last long.

D. Help parents to understand themselves, what they are doing, and why they are doing it. The parents are invariably involved in the problem. Try not to succumb to the temptation (if it exists) to place the whole burden of adjustment upon the adolescent. Remember, he didn't just hop out of bed one morning and decide to have a problem!

E. Groom parents to take over your role as counselors. Remember that they spend more time with their children than you do.

(Abstract of discussion before ninth annual summer workshop in the techniques of counseling, AIFR, Aug. 15, 1956.)

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Notes from the AIFR

YOU AND YOUR MARRIAGE is a new feature broadcast Monday through Friday over more than 200 stations of the ABC radio network, by Dr. Paul Popenoe.

DR. BERNARD GREENBLATT has been working with the staff of the Institute for the past month, preparatory to heading a new marriage counseling agency which has been organized as a community service in Las Vegas, Nev.

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Some of the Facts of Life

Understanding of sex and preparation for marriage and family life are provided in a series of five booklets prepared by the Joint Committee on Health Problems in Education of the American Medical Assn. and National Education Assn. Marion O. Lerrigo and Helen Southard are the authors, with a group of consultants. Sold at 50c each, the booklets are obtainable from the NEA at 1201 16th st., NW., Washington, D.C., or the AMA at 535 N. Dearborn st., Chicago 10, Ill. Titles are *A Story about You* (for children ages 9 to 12), *Finding Yourself* (for children 12 to 15), *Learning about Love* (for young people 16 to 20), *Parents' Privilege* (for parents of very young children), and *Facts Aren't Enough* (for adults who have any educational responsibility for children and youth.)

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Research Notes

DISCUSSING psychological factors in eczema among children, R. P. Warin remarks, "In an infant the frustration and unhappiness, when not handled and fed with gentle care of a mother in harmony

with her husband and surroundings, may play an important part in the disease." (*Practitioner,* May, 1956.)

AGE OF FATHER has an important influence in the production of stillbirths, geneticist T. M. Sonneborn of Indiana University told the annual conference of the Genetics Society of America. Regardless of age of mother, stillbirths were more frequent to older fathers.

MORE THAN 90% of the American people live in families, that is, together with persons related by blood, marriage or adoption. In April, 1955, there were nearly 42 million families in the U.S.A., a gain of 9¾ million since 1940 and of more than 2½ million since 1950. There are several reasons for expecting that the number of families will continue to grow. —*Statistical Bulletin,* Metropolitan Life Insurance Co., July, 1956.

MARRIAGES ending in divorce had a median duration of 6.4 years in 1954, according to a recent survey of the reporting area by the Census Bureau. This covers only about one-third of all divorces and marirages, since many of the largest states still have no centralized divorce records. No minor children were reported, in 52% of the divorces.

FOR WOMEN, 18 and 19 are now the favorite ages of marriage, with one-third of all first marriages concentrated at these two ages, says the National Office of Vital Statistics. Whites marry younger than do non-Whites.

RELATION OF NUTRITION to fertility has long been a controversial subject. Some writers have claimed that poverty and malnutrition increased fertility (and this was also the view of Rev. Thomas R. Malthus), others have asserted that good nutrition was necessary to reproduction. Experiments with dogs, made at John Hopkins University by Harry A. Teitelbaum and W. Horsley Gantt, showed that sperm count rose rapidly with starvation. (*Science,* Aug. 24, 1956.)

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Inexpensive Pamphlets

TELEVISION IS YOURS, pp. 55, price $1 from NAFBRAT, 882 Victoria ave., Los Angeles 5, Calif.—Manual for parents and others who want to improve the quality of programs and promote the well-being of their children who watch TV.

THE SHY CHILD, by Helen Ross, pp. 28, price 25c from Public Affairs Pamphlets, 22 E. 38th st., New York 16, N.Y., 1956.

SOME FACTS ABOUT STATE TRAINING SCHOOLS FOR JUVENILE DELINQUENTS, p. 39, price 25c from Supt. of Documents, U.S. Govt. Printing Office. Washington 25, D.C.

AS YOUR CHILD GROWS: the first 18 months, by Katherine M. Wolf with Aline B. Auerbach, pp. 32, price 40c from Child Study Assn. of America, 132 E. 74th st., New York 21, N.Y., 1956.

INSIDE THE HOSPITAL AND ALL ABOUT AN OPERATION, by Helen B. Radler, 25c each from The Society of Memorial Center, 444 E. 68th st., New York 21, N.Y.—Two booklets to prapare a child for a hospital sojourn.

YOU AND YOUR CHILD: (1) Getting sick, (2) Going to the hospital, (3) Getting well; folders prepared by Dept. of Public Welfare, State of Illinois; set of three obtainable for 10c from Mental Health Materials Center, 1790 Broadway, New York 19, N.Y.

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Around the World

JAPAN'S birth rate has been markedly affected by the campaign in favor of contraception and the spread of abortion. Immediately after the war, it was 32 per

1,000; according to a recent estimate, it is 20 per 1,000.

CANADA's marriage rate has been falling ever since 1951. Bureau of Statistics explains that this is due a "a temporary drying up of the supply of potential brides and grooms" resulting from the low birth rate during the years of the Great Depression.

PERUVIAN Sra. Silva de Santolalla has been named as 1956's Woman of the Americas, by the United Women of America representing the 21 American republics; and she has also been elected to the national Senate. Well-known as a writer and lecturer, Senator Santolalla is also founder-director of the Institute for Marital and Family Orientation in Lima, an educational center patterned after the AIFR.

PART-TIME LABORER Giulano Vitagliano and his wife Nunzia, in Southern Italy, have seven children in 30 months of married life,—two pairs of twins and a set of triplets.

FAMILY WELFARE CENTER opened in Hyderabad (India) and financed cooperatively by the state and national governments, includes family limitation advice, help with infertility problems, marriage and pre-marriage counseling, and sex education.

INSTITUTO DE LA FAMILIA (Maipu 820, Buenos Aires) is a private organization in the Argentine Republic which offers a correspondence course in preparation for marriage, as well as counseling in problems of marriage, adolescent guidance, and family relations in general.

DR. A. P. PILLAY of Bombay, whose name has appeared frequently in this column, died in London on June 27, after a serious operation. He was editor of the International Journal of Sexology, and the outstanding authority in India, on problems of sex.

DIVORCE can not fail to produce serious effects on the children involved, according to Suzanne Cordelier, who has surveyed broken homes in France and published a book on *Les Enfants de la Discorde* (les Editions Sociales Francaises, 17, rue Viete, Paris 17, France, f.490.) From a large number of case histories she concludes that physical impairment of temperamental traits, and damaged prospects of future professional and financial success, are common consequences.

TUNIS now has a School for Parents, established by Dr. Marcel Caruana, medical director of the Nursery of la Rabta. Lectures and group conferences make up the immediate program.

SUPERMARKETS, which are spreading rapidly in the cities of France, are playing an important part in child life, according to Mlle. E. Perroy. Hitherto the child has gone with his parents to buy in one of the tiny shops which are so familiar to every tourist. These are specialized, carry a very small variety of articles, and are under the close surveillance of the proprietor. Wandering children are not welcome. The Supermarket, on the contrary, is wide open with no one to pay attention to visitors, and children are forming the habit of spending much spare time there, satisfying their needs for light, color, and music, and stimulating their fantasy as well as increasing their education by the immense stock, spread out for them to examine. Mlle. Perroy thinks that such markets (often known by the name of Monoprix or Uniprix) provide an important education in economics, not so readily available before; but that they also promote juvenile delinquency (truancy, shop-lifting, etc.) In short, she declares, the Supermarket is modifying con-

temporary family life significantly. — *L'Ecole des Parents,* Paris, June, 1956.

ITALIANS were asked in a public opinion poll, "What is the greatest mistake you ever made in your life?" The mistake mentioned was associated with marriage among 12% of the men and 25% of the women. Twice as many women as men said they married the wrong partner. A much larger percentage of all those questioned gave lack of education (dropping out of school too early, or specializing in the wrong subject) as their greatest error. Six out of every one hundred persons asserted that their greatest mistake was to have married at all!

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Cousin Marriages

Marriage of kin is less frequent than formerly, partly because people move around more, nowadays, and are therefore less likely to have their matrimonial opportunities confined to the small neighborhood in which they grew up; partly because the lower birth-rate means that people have fewer cousins, therefore on the basis of mere chance are less likely to select one of them as a mate. Geneticist O. von Verschuer has searched the records of some Roman Catholic dioceses in Western Germany recently. Since adherents of that church require special dispensation to marry a kinsman, the ecclesiastical records are a reliable source of at least minimum information. Throwing together marriages of first or second cousins, together with a few marriages of uncle and niece or nephew and aunt, he found about one marriage in each hundred to represent such consanguinity. Immediately after World War II there was a slight increase, as had also been observed following World War I. There has been a general decrease during the last half century, the number of consanguineous marriages recorded in the decade 1940-9 being half that in 1900-9. Such matings are relatively rare in the large cities, relatively frequent in isolated rural communities, as would be expected.

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Qualities of a Good Counselor

Objectivity seems to be a key trait in the equipment of a good counselor, according to a survey by Robert E. Holland at the VA Guidance Center, USC, Los Angeles. Egocentricity and social reserve were found to be unfavorable to successful counseling. Prior work and counseling experience were surprisingly unimportant; training culminating in a doctor's degree in educational psychology or counseling and guidance likewise did not materially influence interview climate variables such as empathy, rapport, and acceptance. Dr. Holland discovered that short-term counseling in a vocational-educational setting is certain to be highly directive, regardless of the counselor's training or orientation. "The more temperament traits measured superior or average in counselors, the more probable that the desired counseling relationships and abilities will be found." — Unpublished doctoral dissertation, school of education, U.S.C., July, 1956.

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LOOKING TOWARD MARRIAGE, few persons nowadays want less than two children, according to a survey of high school and college youth by Charles E. Bowerman. Among high school seniors 46% said they thought two was the right number, 30% said three, and 17% wanted four. Girls were a little more likely than boys to want three rather than two. — (*The Coordinator,* March, 1956.)

NEW BOOKS IN BRIEF REVIEW

PSYCHOLOGY AND "THE GREAT GOD FUN," by A. E. Hamilton. Pp. 189 (no index), price $3.50 from the Julian Press, 80 E. 11th st., New York 3, N.Y., 1955.

Nineteen informal studies of learning and growing with young people are presented in the entertaining and readable form that characterizes all the writing of psychologist Hamilton. For a generation or more, he and his wife have aided children who need special help, first in their private school in New York City, later on their farm in the Berkshires of Massachusetts. The not-too-felicitous title emphasizes the idea that parents, teachers, and counselors all need a sense of humor, and that much can be accomplished with young people if they enjoy themselves while doing what ought to be done. Every parent would profit by reading these sensible and practical stories of how boys and girls were helped to face and solve difficult problems.

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FAMILY LIFE SOURCE BOOK, ed. by Oliver E. Byrd. Pp. 372, price $7.50 from Stanford University Press, Stanford, Calif., 1956.

Dr. Byrd (professor of health education at Stanford) summarizes 400 articles published during the past decade. Perhaps because he is an M.D., he has drawn more fully on medical publications than do most other source books, compiled by sociologists. This is an advantage, but offset by some defects in the volume. The reader has no way of knowing how critically the original material was handled. Valuable papers seem to be mixed with those of very little value. Statistics are sometimes muddled, and names not always spelled correctly. As a general survey, the book (published by the American Social Hygiene Association) is less truthworthy and useful than some of the excellent textbooks issued during the past few years.

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A STUDY OF ABORTION IN PRIMITIVE SOCIETIES, by George Devereux. Pp. 394, price $6.50 from the Julian Press, 80 E. 11th st., New York 3, N.Y., 1955.

Surveying 400 societies psychoanalyst Devereux finds abortion virtually universal in one degree or another. Many of the procedures described seem to be purely magical: in one tribe the woman swallows raw eggs, in another she drinks water in which gunpowder has been dissolved, and so on. Half the book is given over to psychoanalytic discussions and speculations, from which Dr. Devereux derives "what may well be the logically most unassailable demonstration of the universal validity of psychoanalysis as a general psychology of Man." This demonstration will appeal mainly to those with the Will to Believe, and the uncritical manner in which the author has presented his factual material will discourage other readers.

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HOMEMAKING FOR TEEN-AGERS, by Irene E. McDermott and Florence W. Nicholas. Pp. 492, price $3.45 from Chas. A. Bennett Co., 237 N. Monroe st., Peoria 3, Ill., revised edition, 1955.

Described as a family-centered approach to the study of home-making at the high school level, this book is directed to boys as well as girls. Contents were chosen in the light of answers to 2,300 questionnaires. Beginning with child care

("Your job as big brother, sister), the book goes on to sewing, housekeeping efficiency, foods, home decoration, grooming, and personality. Illustrations are abundant and pertinent. While it will doubtless be used mainly as a textbook, it would be a good investment for any parent of children in the junior or senior high school ages. Mrs. MacDermott is director of home economics education in the Pittsburgh, Pa., public schools, Mrs. Nicholas a homemaker.

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HOW TO MAKE THE MOST OF YOUR JOB, by Eugene Carr. Pp. 127 (no index), price $2.25 from Coward-McCann, 210 Madison ave., New York, N.Y., 1956.

Practical suggestions for the man or woman now on the job, for the young person about to take a first job, and for the older person nearing retirement—but much of what is said could be applied equally well in marriage! Mr. Carr is a writer on religious and business subjects and director for radio of the Brush-Moore newspapers. He lives in Canton, Ohio.

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HOMOSEXUALITY: a cross-cultural approach, ed. by Donald Webster Cory. Pp. 440 (no index), price $5 from the Julian Press, 80 E. 11th st., New York 3, N.Y., 1956.

While a good start has been made in the scientific study of homosexuality during the past quarter of a century, a great amount of further spadework is needed. Mr. Cory (pseudonym of a homosexual who is author of an interesting previous book, *The homosexual in America*) has not given a great deal of help in this book, by reprinting contributions from Edward Carpenter, Paolo Mantegazza, Voltaire, R. F. Burton's Terminal Essay to his 1886 translation of *The Arabian Nights,* and similar sources. Anecdotal and speculative or "philosophical" contributions of this kind are not the real need. More recent contributions in this volume are those of A. C. Kinsey (1941), Morris Ploscowe, Albert Ellis, and George W. Henry.

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TREATMENT OF THE CHILD IN EMOTIONAL CONFLICT, by Hyman S. Lippman. Pp. 298, price $6 from McGraw-Hill Book Co., 330 W. 42d st., New York 36, N.Y., 1956.

Writing primarily for workers dealing with troubled children, psychiatrist Lippman will also interest many parents who want to know how psychoanalytical theory is applied to child behavior. "So much has been written regarding the part played by parents in the development of emotional conflicts in children," Dr. Lippman remarks in passing, "that one may overlook the fact that many problems which occur in children are unrelated to the behavior or attitude of their parents." It may be the child's behavior which upsets the parents! If the latter react strongly, this makes the situation worse, but their reaction is not the primary cause of the difficulties. The children's emotional problems might result from "physical illness, constitutional defects, accidents, the trauma of long periods of separation from a sick mother, exposure to sadistic, mentally sick, or markedly indulgent relatives, early sexual seduction, and a host of other factors" among which, at another point, he mentions the warped school teacher. He wants to reassure parents, too many of whom open an interview by saying, "Tell me what I have done wrong." Dr. Lippman discusses many different types of problem, ending with brief chapters on

the problem of prevention and on some principles of therapy. He is director of the Wilder Child Guidance Clinic, St. Paul, Minn.

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LAUGHTER AND THE SENSE OF HUMOR, by Edmund Bergler, Pp. 297, price $5 from Intercontinental Medical Book Co., 381 Fourth ave., New York 16, N.Y., 1956.

In 1905 Freud published *The Wit and its Relations to the Unconscious,* which opened some new lines of investigation. The past half-century has seen much further consideration of this perenially-popular subject and psychoanalyst Bergler now brings it up to date, including a good deal of work which he himself has done. He lists more than 70 theories to explain laughter, ranging from "roar of triumph in ancient jungle duel" down to "we don't know,"—the latter seeming to be the most plausible. Laughter is a healthy internal debunking process — plus, he says; but the plus covers so many different kinds of plusses that the ordinary reader will be left somewhat confused—plus. Meanwhile he will have been confronted with more than 800 witticisms, on which he can ruminate. The book, like others by Dr. Bergler, is loaded with innumerable long examples of his own brilliance in repartee, in conversations with clients sometimes covering several pages. Many readers will probably grow tired, if not suspicious, of these duels from which the psychoanalyst always emerges as such triumphant winner. On the other hand, the book is easy and entertaining reading, like others by Dr. Bergler.

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IS YOUR CHILD REALLY FIT? by Bonnie Prudden. Pp. 182 (no index), price $2.95 from Harper & Bros., 49 E. 33d st., New York 16, N.Y., 1956.

More than half of all the boys and girls in America are physically unequipped to meet even the ordinary demands of today's easy life, says Miss Prudden (Director, Institute for Physical Fitness, White Plains, N.Y.). She gives tests by which any parent can judge his own children, outlines of gymnastics with directions for getting simple apparatus, and a progressive program for the whole family. Bad as the situation is, she says, it could be corrected in six months, — with sufficient determination. The widespread muscular deficiency is associated with all sorts of other handicaps,— for instance, heart disease is twice as frequent in the sedentary as in the active. Emotional and neuropsychiatric difficulties tie in with physical flabbiness. Every parent has something to gain from a study of this book, and might give some thought to the remarks about the undesirability of much of the expenditure for school buses and use of the family automobile that prevent children from walking.

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AMIR ABD AL-RAHMAN, university rector in Cairo, is reported to have started a campaign among Egyptians to promote polygamy (in accordance with the doctrine of the Koran.) As a result of two world wars, he points out, many women are left without men, and "polygamy is the only way of solving the problem."

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ASSUMING that the population increase in some areas of the world will be too rapid for general good, the International Catholic Institute of Social Research (Geneva, Switzerland) offers a prize of $5,000 for the best essay dealing with measures that will check this growth and at the same time "comply with the requirements of Catholic principles."

PRACTICAL HELP FOR COUNSELORS

The American Institute of Family Relations offers invaluable material, to be found nowhere else, for the many people called upon to help others in dealing with personal and family problems. In addition to the Correspondence Course in Counseling (see next page), the Institute has prepared a number of unique pamphlets, the most recent being:

Pub No. 524. MARRIAGE COUNSELING. PRICE.....25c
Marriage counseling is largely a matter of re-educating one or both partners. Everyone has a right to expect from marriage emotional and economic security, companionship, sexual partnership, and children. Four rules for successful marriage counseling are given.

Pub. No. 526. THE PRACTICE OF MARRIAGE COUNSELING: A paper presented to the third International Conference on Planned Parenthood, Nov. 24 to Dec. 1, 1952, by Paul Popenoe, Sc.D. 35c

An illuminating and concise discussion of twelve pitfalls which beset many counselors, and how to avoid them. Aids for formulating a provisional plan of treatment of the client.

Among the other popular pamphlets for counselors are:

Pub. No. 502 MARITAL COUNSELING WITH SPECIAL REFERENCE TO FRIGIDITY 35c

Pub. No. 506. AGGRESSIVENESS AND ITS TREATMENT. (Mimeographed) 10c

Pub. No. 517. SEXUAL INADEQUACY OF THE MALE.....1.00
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The Institute publishes more than a hundred books and pamphlets dealing with every phase of marriage and family life. Here are two popular ones:

1. PREPARING FOR MARRIAGE —

The Institute's widely known "Premarital Conference" pamphlet, dealing with **sexual adjustment in marriage.** It has proved to be just as valuable to many persons already married, as to those looking forward to marriage. Sold at $15 per hundred or $2.50 per dozen; single copy.....25c

23. BUILDING SEX INTO YOUR LIFE —

A Pamphlet intended for young men going into the army or industry; equally valuable for those in senior high school or college; but no less valuable to their sisters, parents, and educators. A simple statement of sexual ethics, constructive and soundly scientific. Sold at $15 per hundred or $2.50 per dozen; single copy **25c**

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